

IN THE CLAIMS:

Claims 1-27 (canceled).

Claim 28 (currently amended) A method of changing physical work capacity of a subject without significantly changing plasma IGF-1 concentrations said method including ingestion of a food composition by the subject, said food composition containing a colostrum fraction,

wherein the colostrum fraction is prepared by a process including the steps of:

- (a) subjecting colostrum to ultrafiltration to obtain an ultrafiltered colostrum retentate including colostrum derived growth factors and casein as said fraction and
- (b) subjecting the colostrum retentate fraction to a spray drying process; and
- (c) ~~administering the colostrum to the subject~~.

Claim 29 (previously presented) A method according to claim 28, wherein the colostrum fraction is prepared by a process which further includes the step of bacterial reduction utilizing centrifugation.

Claim 30 (previously presented) A method according to claim 29, wherein the step of bacterial reduction utilizes flow-through centrifugation.

Claim 31 (previously presented) A method according to claim 30, wherein throughput and thereby residence time of the colostrum fraction is controlled during the centrifugation.

Claim 32 (previously presented) A method according to claim 29, wherein the centrifugation is undertaken at a temperature less than 72°C.

Claim 33 (previously presented) A method according to claim 32, wherein the centrifugation is undertaken at a temperature less than 64°C.

Claim 34 (previously presented) A method according to claim 28, wherein the process further includes heating the colostrum fraction to a temperature less than 72°C.

Claim 35 (previously presented) A method according to claim 34, wherein the process includes heating the colostrum fraction to a temperature less than 64°C.

Claim 36 (previously presented) A method according to claim 28, wherein the colostrum fraction includes IGF-1.

Claim 37 (previously presented) A method according to claim 28, wherein at least 0.5g/kg/day of said food composition is ingested.

Claim 38 (previously presented) A method according to claim 28, wherein from 1 to 10 g/kg/day is ingested.

Claim 39 (previously presented) A method according to claim 28, wherein the food composition is ingested daily over a period of at least 4 weeks.

Claims 40-45 (canceled).

Claim 46 (previously presented) A method according to claim 28, wherein the physical work capacity includes the capacity to do exercise performance selected from the group including running, walking, jumping, sprinting, knee extensions, knee flexions, squatting, lifting, kicking and resisted and non-resisted exercises and events.

Claim 47 (previously presented) A method according to claim 28, wherein the change includes a reduction of fatigue.

Claim 48 (previously presented) A method according to claim 46, wherein physical work capacity includes recovery after exercise.

Claims 49-73 (canceled).

Claim 74 (currently amended) A method of changing physical work capacity of a subject without significantly changing plasma IGF-1 concentrations said method including ingestion of a food composition by the subject, said food composition containing a colostrum fraction,

wherein the colostrum fraction is prepared by a process including the steps of:

- (a) subjecting colostrum to centrifugation to reduce the amount of bacteria in colostrum;
- (b) subjecting the colostrum to ultrafiltration to obtain an ultrafiltered colostrum retentate including colostrum derived growth factors and casein as said fraction;
- (c) subjecting the colostrum retentate fraction to a spray drying process[[:] and
- (d) reconstituting the dry colostrum and
- ~~(e) administering the reconstituted dry colostrum of step (c) to the subject.~~

Claim 75 (previously presented) A method according to claim 28, wherein change in the physical work capacity of the subject is monitored by at least one of the testing procedures selected from the group consisting of body mass and stature, resting blood pressure, thigh and calf girths, fat mass and fat free mass, blood sampling and determination of serum creatine kinase concentrations.